

Practise **Safety**

Everywhere and Anytime

Avoid risky behaviors

For example, climbing onto a chair or stool to replace a light bulb or reaching for items at high places (ie. on top of cupboards or fridge).



Take care when you walk

Watch out for uneven surfaces, slippery ground, kerbs and steps. Do not rush or hurry when you walk. Concentrate on your walking.



Pay attention to your clothing

Avoid wearing trousers that are too long, clothes with gaping pockets and wide sleeves that can get caught and put you off balance.

Consider wearing a **personal alarm**, carrying a **mobile phone** or install an **emergency alarm system** in your home so that you can get help easily during emergency.



Personal alarm on body:
SOS button to wear around
the neck or a mobile phone.

Emergency alarm system or fall sensor
installations in the bedroom / kitchen /
living bedroom / toilet, etc.